

**The world health organisation defines health as “A state of complete physical, mental and social well-being and not merely, the absence of disease or infirmity.”**

<b>Physical Activity</b>	Physical activity is any activity that you may do that helps to improve or maintain your physical fitness as well as your health in general.
<b>Exercise</b>	Exercise is physical activity that is focused on training or developing the body for the sake of health. There are specific kinds of exercises that improve your: Strength Flexibility Endurance Balance <div style="border: 1px solid black; padding: 5px; width: fit-content; margin-top: 10px;">Doing at least 2.5 hours of moderate physical activity a week in 30-minute sessions is recommended to improve health</div>
<b>Fitness</b>	Physical fitness means that you are in a condition that you have the ability to perform and enjoy physical activities with ease.

**Measurements of health –Baseline assessments are used to check normality and identify any problems.**

- Waist to hip ratio (waist measurement divided by hip measurement).
- Temperature
- Resting pulse and recovery pulse rates after exercise
- Height, weight
- Blood Pressure
- Peak Flow
- Resting pulse and recovery pulse rates after exercise
- Liver function
- Blood glucose
- Cholesterol levels

**Factors that can impact health and well-being.**

Genetic inheritance, including inherited conditions and predisposition to other conditions.

Smoking

Ill health (acute and chronic)

Diet (balance, quality and amount)

Amount of exercise

Substance use, including alcohol, nicotine, illegal drugs and misuse of prescribed drugs.

Personal hygiene.

Social, emotional, and cultural factors that can have positive or negative effects on health and wellbeing: social interactions for example supportive/unsupportive relationships, social integration/isolation.

Relationships, bereavement, divorce, marriage, parenthood, partnership


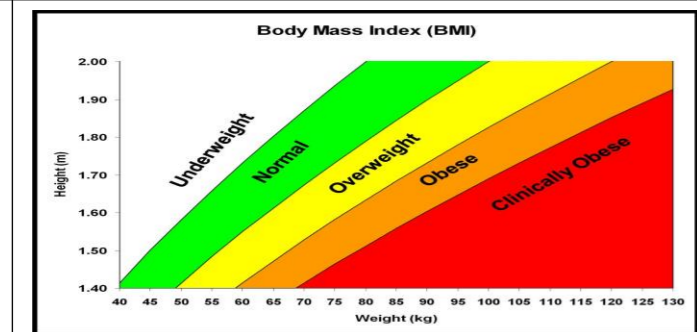
Stress for example work-related

Willingness to seek help or access services for example influenced by culture, gender, education.

Economic factors that can have positive or negative effects on health and wellbeing. (Education, employment, financial resources, poverty)

Environmental factors that can have positive or negative effects on health and wellbeing: environmental conditions, for example levels of pollution, noise, housing, for example conditions, location.

The impact of life events relating to relationship changes and changes in life circumstances. Imprisonment, starting school, leaving school, retirement, accident, injury, exclusion.

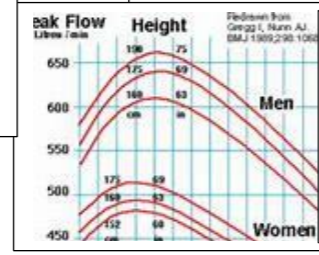
**BMI; A measure of the amount of fat on your body in relation to your height to tell you if you're a healthy weight.**

Obesity can cause many health problems including cardiovascular, high blood pressure, diabetes, arthritis and stroke

Low body weight can indicate an undiagnosed illness or an eating disorder.

Weight in KG/Height in m<sup>2</sup>

- Underweight -18.5
- Healthy weight 18.5 – 24.9
- Overweight 25 – 29.9
- Obese 30 -39.99
- Severely obese 40+

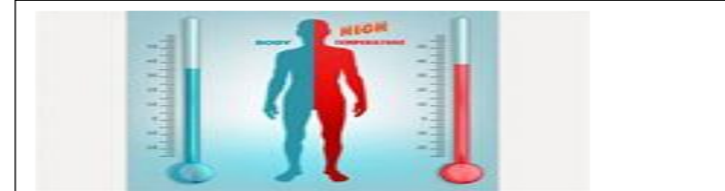


**Peak Flow: A peak flow measurement is taken using a peak flow meter.**

**Body Temperature**

Normal body temperatures range from 36.5 to 37.2.C

Experts believe that the upper limit is around 44.c and the lower is 27.C although an individual will be seriously ill long before these limits and will be likely to die.



Peak flow is best taken three readings every morning and evening, before using an inhaler. This helps to show how asthma varies from the beginning to the end of the day.

**Blood Pressure (Healthy;90/60 mmHg – 120/80 mmHg) (Pre high 12/80 – 140/90) (High 140/90 +)**

High blood pressure puts a strain on our arteries and on the heart itself, which can cause an artery to burst or the heart to fail under the strain. Therefore, high blood pressure, or **hypertension**, is a major risk factor for heart disease and stroke. If left untreated it puts a strain on the blood vessels and the organs and can cause, heart disease, attacks and failure, kidney disease, strokes, blindness, vascular dementia.

If blood pressure becomes severely low, there is a danger that the body will not receive enough oxygen to carry out normal functions. Lack of Oxygen can cause the brain and heart functions to be reduced and also difficulty breathing. With significantly low blood pressure, an individual can lose consciousness or go into shock.

**(90/60mmHg -)**

**Pulse Rate**

How fast your heart is beating. (Heart rate).

To calculate if you measure 12 beats in 10 seconds, multiply 12 x 6 to get the number of beats in 60 seconds. (72)

Average resting pulse rate is 60 – 100 bpm. Average for an athlete is lower about 40 – 60 bpm.

A baby's rate is faster and average new baby can be 70 – 190 bpm.

Recovery after exercise maximum pulse rate is 220 – age. A healthy heart rate after exercise is 60 – 80 % of this.